

**THE UNITED REPUBLIC OF TANZANIA  
NATIONAL EXAMINATION COUNCIL  
DIPLOMA IN SECONDARY EDUCATION EXAMINATION**

736/1

**PHYSICAL EDUCATION AND SPORT 1**

**Time: 3 Hours.**

**ANSWER**

**Year: 2008 p.m.**

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**Instructions**

1. This paper consists of sections A, B and C.
2. Answer **all** questions in sections A and **two (2)** questions from each of section B and C.
3. Section A and B carry 30 marks each and section C carries 40 marks.
4. Cellular phones and unauthorized materials are **not allowed** in the examination room.
5. Write your **Examination Number** on every page of your answer booklet(s).

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## **SECTION A (30 Marks)**

**Answer all questions in this section.**

### **1. Outline three qualities of a good sports leader.**

One quality is effective communication. A good sports leader must clearly convey instructions, motivate the team, and provide feedback to ensure everyone understands their roles.

Another quality is decision-making ability. Leaders must make quick, informed choices during games or training to maintain team performance and safety.

The third quality is integrity. A good leader acts fairly, sets a positive example, and adheres to rules and ethical standards, earning respect from team members.

### **2. Mention six key skills in table tennis.**

One key skill is serving. A player must be able to deliver accurate and strategic serves to gain an advantage over the opponent.

Another skill is forehand drive. This involves hitting the ball with the front of the paddle in a controlled, offensive manner.

A third skill is backhand drive, which allows players to strike balls from their non-dominant side effectively.

Fourth is blocking, where a player stops or redirects an opponent's attack to regain control.

Fifth is footwork. Proper movement ensures a player reaches the ball quickly and maintains balance.

Sixth is spin control. Applying topspin, backspin, or sidespin helps manipulate ball trajectory and confuse the opponent.

### **3. What is the role of the endocrine system in sports performance? State five points.**

One role is regulating metabolism. Hormones like thyroxine control energy production, ensuring muscles have enough fuel for activity.

Another role is promoting growth. Growth hormone supports the development of muscles and bones necessary for performance.

A third role is controlling stress response. Adrenaline and cortisol prepare the body for intense activity by increasing heart rate and energy availability.

Fourth is maintaining fluid balance. Hormones like antidiuretic hormone help regulate hydration, critical for endurance and strength.

Fifth is regulating reproduction and recovery. Hormones like testosterone and estrogen influence muscle repair and overall physical development.

#### **4. Enumerate six types of throws in netball.**

One type is the chest pass, where the ball is thrown from the chest with two hands for accuracy.

Another is the bounce pass, where the ball bounces on the ground to reach a teammate, useful to avoid defenders.

A third type is the shoulder pass, delivering the ball over longer distances with one hand.

Fourth is the overhead pass, used to pass over opponents' heads.

Fifth is the lob pass, which arcs high to reach teammates in open spaces.

Sixth is the flick pass, a quick, short-distance pass made with minimal movement for fast gameplay.

#### **5. Describe three types of muscular contractions.**

One type is isotonic contraction, where muscles change length while producing movement, such as lifting a weight.

Another is isometric contraction, where muscles generate tension without changing length, like holding a plank position.

The third type is eccentric contraction, where muscles lengthen while under tension, as when lowering a weight slowly.

## **6. List down six basic rules in a badminton game.**

One rule is that the shuttlecock must not touch the ground during a rally.

Another is serving must be underhand and hit below the waist.

A third rule is that players must serve diagonally into the opponent's service court.

Fourth is that each side can hit the shuttle only once before it crosses the net.

Fifth is scoring is done using rally point system, usually up to 21 points per game.

Sixth is that players must not obstruct or distract the opponent during play.

## **7. Briefly explain the concept of motor learning in physical education.**

Motor learning is the process by which individuals acquire and refine physical skills through practice and experience. It involves developing coordination, timing, and control to perform movements accurately and efficiently.

It also emphasizes feedback, where learners adjust movements based on their performance or teacher guidance. Over time, motor skills become automatic, improving consistency and performance.

## **8. Differentiate between a sport's club and a sports federation. Give three points.**

A sport's club is a local organization that provides training, competitions, and membership to athletes within a community. A federation is a national or international governing body overseeing multiple clubs and the sport as a whole.

Clubs focus on day-to-day athlete development, while federations regulate rules, organize major tournaments, and promote the sport nationally or internationally.

Clubs usually have voluntary or limited resources, whereas federations have formal structures, official funding, and authority to make binding decisions.

## **9. Outline six benefits of flexibility exercises.**

One benefit is improved range of motion. Flexibility exercises allow joints and muscles to move more freely.

Another is injury prevention. Stretching reduces the risk of muscle strains and joint sprains.

A third benefit is better posture. Flexible muscles support proper alignment, reducing stress on the body.

Fourth is enhanced performance. Flexible athletes can perform movements efficiently in sports like gymnastics or dance.

Fifth is reduced muscle soreness. Stretching after workouts helps remove lactic acid and eases tension.

Sixth is stress relief. Stretching and flexibility exercises can relax the mind and body, promoting mental well-being.

**10. Describe two types of physical fitness and their importance to an athlete.**

One type is cardiovascular fitness. It improves heart and lung efficiency, allowing athletes to sustain prolonged activity without fatigue.

Another type is muscular strength. Strong muscles enhance performance in activities requiring power, speed, and stability, while also protecting against injury.

**SECTION B (30 Marks)**

**Answer two (2) questions from this section.**

**11. Elaborate on the role of psychology in sports performance. Give five points.**

One role is motivation. Psychological strategies help athletes stay focused and committed to training and competitions.

Another role is concentration. Mental training improves attention, helping athletes execute skills under pressure.

A third role is confidence building. Positive self-talk and visualization enhance self-belief, improving performance.

Fourth is anxiety control. Techniques like deep breathing and relaxation reduce stress before and during competition.

Fifth is goal setting. Psychology helps athletes set achievable objectives, track progress, and maintain long-term motivation.

## **12. Explain the process of muscle contraction in the human body.**

Muscle contraction begins when a nerve impulse reaches the muscle fiber, triggering the release of calcium ions.

Calcium binds to regulatory proteins, allowing actin and myosin filaments to interact.

The myosin heads attach to actin and pull it toward the center of the sarcomere, shortening the muscle fiber.

ATP is required for myosin heads to detach and reattach, sustaining repeated contractions.

When stimulation stops, calcium is reabsorbed, filaments return to resting positions, and the muscle relaxes.

## **13. Describe five major responsibilities of a sports manager.**

One responsibility is planning. Sports managers organize schedules, competitions, and training programs.

Another is resource management. They ensure funds, equipment, and facilities are allocated efficiently.

A third responsibility is supervising staff and athletes to maintain discipline and performance standards.

Fourth is marketing and promotion. Managers attract sponsors, media coverage, and public support.

Fifth is risk management. They identify potential hazards, ensure safety protocols, and manage emergencies during sports activities.

## **14. Explain five strategies for preventing injuries in an athletic team.**

One strategy is proper warm-up and stretching to prepare muscles and joints for activity.

Another strategy is using appropriate protective gear like pads, helmets, and braces.

The third strategy is technique training, teaching athletes correct methods to reduce strain and impact.

Fourth is monitoring workload to avoid overtraining and fatigue-related injuries.

Fifth is maintaining good nutrition and hydration, supporting recovery and muscle function.

### **SECTION C (40 Marks)**

**Answer two (2) questions from this section.**

**15. Analyse the importance of a well-designed curriculum in physical education. Give four points.**

One importance is ensuring structured learning. A curriculum organizes lessons logically to develop skills progressively.

Another is promoting comprehensive development. It addresses physical, mental, and social aspects of students' growth.

A third is providing clear assessment criteria. Teachers can evaluate learners effectively against predetermined objectives.

Fourth is promoting consistency. A curriculum ensures all students receive uniform content regardless of teacher or school.

**16. Discuss the importance of continuous assessment in a physical education class. Give five points.**

One importance is tracking progress. Teachers monitor improvements in skills, fitness, and participation over time.

Another is identifying learning gaps. Continuous assessment helps detect areas where students struggle, allowing timely intervention.

A third is motivating learners. Regular feedback encourages students to remain committed and improve performance.

Fourth is informing teaching strategies. Assessment results guide teachers in adjusting lesson plans to meet students' needs.

Fifth is preparing students for competitions or advanced levels by highlighting strengths and areas for development.

**17. Explain five criteria for selecting curriculum content in physical education.**

One criterion is relevance. Content should meet the physical, social, and cognitive needs of learners.

Another is progression. Skills and knowledge should advance from simple to more complex levels.

A third is balance. The curriculum should cover fitness, sports, health, and recreational activities.

Fourth is safety. Selected activities must minimize risk to students.

Fifth is resources. Content should match available facilities, equipment, and teacher expertise.

**18. Elaborate on the role of physical education in promoting lifelong health and fitness. Give five points.**

One role is encouraging regular exercise habits that continue beyond school.

Another is promoting cardiovascular health, reducing risks of diseases like hypertension and diabetes.

A third role is improving muscular strength and flexibility, supporting daily functional activities.

Fourth is fostering mental well-being. Physical activity reduces stress, anxiety, and improves mood.

Fifth is teaching healthy lifestyle choices, including nutrition, hydration, and injury prevention, which benefit individuals throughout life.